

Living well with Diabetes Group

An online group to support young people (16 to 19 years old) living with type 1 diabetes.



15th October 2024, 16:00 - 17:30
sessions will run for six consecutive Tuesdays

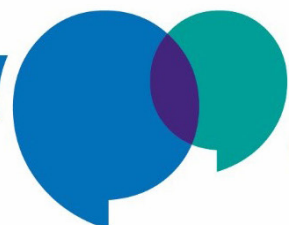
Living with type 1 diabetes (T1D) is challenging and the transition to adult services can be particularly difficult. This 6-week Cognitive Behavioural Therapy (CBT) group aims to support young people (16 to 19 years old) to manage low mood and anxiety that can result of living with this condition. It will give you the opportunity to share your experiences with others in a similar situation and to build a 'Toolkit' of strategies to improve your physical and emotional wellbeing.

Self-refer today to access support:

Online: www.hpft-talkingtherapies.nhs.uk

Phone: 0800 6444 101

To attend this group you must be over 16 and registered with a GP in Hertfordshire.



for anxiety and depression

Service provided by Hertfordshire Partnership University NHS Foundation Trust